

Lunchbox lessons

As a parent you no doubt want to give your kids the best start in life and recognise that good nutrition is vitally important. However, you also want to keep your kids happy. When it comes to food choices it's often a balancing act between what mum wants to serve and what kids will actually eat. And it's no surprise that some of the biggest battles can occur around the lunchbox. So let's take a closer look at the right choices in lunchboxes and some smart strategies to keep things smooth sailing.

Planning makes perfect

One of the best ways to banish lunchbox battles is to get kids involved from an early age in selecting their own lunch. You may like to:

- Have a weekly menu on the fridge that everyone has agreed to
- Design a 'lunch list' with favourite snacks and sandwich fillings
- Check out the school canteen approved or 'green light' foods on offer
- Talk to other parents about their lunchbox ideas
- Praise your children when they make healthy choices

Kids in the kitchen

Even young children can help with basic cooking tasks. The more your child is involved in their own lunchbox preparation the more likely they are to eat what's on offer. You may like to:

- Whip up a batch of blueberry or ham and cheese muffins together on the weekend
- Get a popcorn maker so your child can make a wholegrain school snack
- Make mini pizzas with cheese, mushroom and salami and keep extras for the lunchbox

Pack a healthy lunch

A healthy balanced lunch contains enough food to keep your child recharged throughout the day, but not too much so they feel overwhelmed. Go for plenty of variety, mini versions of adult fare and build a healthy lunch around:

A serve of meat for protein:

- 97% Fat Free KR Castlemaine Shaved Chicken in a flatbread wrap
- Boiled egg segments
- KR Castlemaine Slim Stix
- Ham and cheese frittata made with KR Castlemaine Sliced Leg Ham

A serve of fruit and vegetables for fibre, vitamins and antioxidants:

- Fruit snack tubs or fruit in jelly
- Frozen grapes or melon balls
- Sultanas and dried apricots
- Mini cherry tomatoes
- Vegetable sticks and dip
- Salad fillings for wraps and rolls

A serve of dairy for calcium:

- A yogurt tub or frozen tube
- Grated cheese or cheese stick
- Reduced fat flavoured or plain milk (chilled)
- Tzatziki or yogurt based dip

At least one serve of grains:

- Mix up different breads and sandwich shapes
- Air popped pop corn
- Wholegrain crackers

And don't forget a freezer block and insulated lunchbox or bag to keep everything fresh, plus a chilled water bottle.

KR Castlemaine has a range of lunchbox friendly products like Slim Stix which are individually wrapped for product freshness and 97% Fat Free Shaved deli meats.